

KY TEACH PROJECT

KY Commission for Children with Special Health Care Needs
982 Eastern Parkway
Louisville, KY 40217

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EMAIL US!
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Do you need help finding resources or services in
your area? Here's a website that can help:
www.kycares.net

Winter Word Search

Q C S W Y M M R D I R S L A G
T V D N L T E W C P U A W K V
P O E Q O B S E H X D N G P R
A L I C M W S O Z Z O T N E K
C W G E A K M I R C L A I P X
D M C G A L W A N F P C D U T
Y E Y T C X P S N G H L D K M
D V I N E V D E W M A A E K W
E N S A M T S I R H C U L X M
G E A R M U F F S I D S S I W
R E T N I W B C G L F E T V O
H T P I K S Z M O I Y T F D N
P W Q P F D T C Q D E S H T S
U C J A Y V U D T N H I C E Z
U B T X Q A M B S H X M E X H

CHRISTMAS
COLD
DECEMBER
EAR MUFFS
FIREPLACE
FROSTY
ICE
WINTER

ICE SKATING
MITTENS
RUDOLPH
SANTA CLAUSE
SLEDDING
SNOW
SNOWMAN



If you would like to submit an article, a
Picture, a joke or riddle, or recipe for the
Next newsletter send it to: KY TEACH PROJECT,
CCSHCN 982 Eastern Parkway Louisville, KY 40217

FUN RECIPE: Snow Cream

Ingredients



1/2 cup sugar
1 tablespoon vanilla
Quart of half/half
Clean snow

Directions

- Pour all ingredients into a bowl.
- Mix well!
- Keep adding snow until it gets thick.
- You can eat it right way or put it in the freezer to freeze.

HINT: DO NOT eat the yellow snow.



“ The Secret To Success”

Transition newsletter for Teens

Adrienne Denea Cook
Guest Youth Editor

Winter Safety

Now that winter has arrived, it is time for the long awaited first snow fall. But with the first snow fall coming, there are some precautions you must take when it finally arrives. Here is a list of precautions to take.

* Know ahead of time what you should do to help elderly or disabled friends, neighbors, and employees.

* Wear plenty of clothing, ear muffs, and mittens in case of getting broke down or frost bitten. Also in case you break down, make sure to have a first aid kit, flashlight, a blanket, and necessary medication in the car with you.

* Make sure to have plenty of candles, flashlights, batteries, and your medication in case of a snowstorm.



* Elderly, disabled, and young children are most vulnerable to hypothermia, so make sure to keep warm.

* Children may often get scared and need to be comforted because of the snowstorm, so simply be calm and explain to them what is going on and it is being handled.

* Always watch your local weather channel for the latest weather reports.

* When you hear of a snowstorm coming, make sure to go to the grocery and stock up on food and important items.

* And last but not least, **NEVER** stick your tongue to a metal pole when it is freezing cold outside.



CCSHCN

Winter 2004

Kentucky
Commission for CSHCN
Regional Offices and
Phone Numbers:

Ashland
800-650-1329

Barbourville
800-348-4279

Bowling Green
800-843-5877

Edgewood
888-542-4453

Elizabethtown
800-995-6982

Hazard
800-378-3357

Hopkinsville
800-727-9903

Lexington
800-817-3874

Louisville
800-232-1160

Morehead
800-928-3049

Owensboro
877-687-7038

Paducah
800-443-3651

Prestonsburg
800-594-7058

Somerset
800-525-4279



Winter Special Olympics

Hey all you athletes! It's winter and that means it is time for all those winter season sports. I bet you didn't know this, but there is a Special Olympics for children with mental and physical disabilities. The winter season is from November to

March. The special sports are being played during the winter season included:

- * alpine skiing
- * snow shoeing
- * figure skating
- * basketball
- * cheerleading

Training programs and competitions are designed to meet all levels of ability. No achievement is too small, and no time is too slow in Special Olympics. The individual gains confidence and builds a positive self-image that carries over into their personal life. If you or someone you know would like to participate in the Special Winter Olympics of Kentucky, please:



Write: Special Olympics Kentucky

105 Lake view Court

Frankfort, KY 40601

Call: 502-695-8222

800-633-7403

Email: soky@soky.org



Horoscopes

Aries: March 21—April 19

The year is full of surprises for you

Taurus: April 20—May 20

Do extra activities with friends.

Gemini: May 21—June 20

This is a year of opportunity for you.

Cancer: June 21—July 22

Take time off this year to sort through our troubles.

Leo: July 23—August 22

Focus a lot on your family this year.

Virgo: August 23—September 22

Stop being so hard on yourself.

Libra: September 23—October 22

Focus on your work to avoid conflict.

Scorpio: October 23—November 21

Work towards your dreams, hopes, and wishes.

Sagittarius: November 22—December 21

Get organized and don't let people rule your world.

Capricorn: December 22—January 19

You are likely to change your mind a lot this year

Aquarius: January 20—February 18

If you make promises, keep them for others.

Pisces: February 19—March 20

The new you hear will be important to you later.



Ways to Stay Active

Over winter break, you're probably sitting around being bored because it's either too cold to go outside and have fun or there is nothing on television. Well! There are plenty of ways to stay active with family. There are so many eatable Christmas decorations that you can make. Just sit back, have fun and learn.

Celebrations Tree

Needed:

- 12x 18-inch piece sturdy green foam core.
- Sturdy yellow poster board
- Double-stick tape
- 2 boxes CELEBRATIONS chocolates
- Ribbon
- Over-the-door hanger



What to do:

- 1) Trace a tree's shape onto green foam core. And cut out the "tree". Trace and cut an exaggerated star from yellow poster board. Poke a hole in the top of the tree.
- 2) Beginning at the bottom of the tree and working towards the top, cover the foam core with CELEBRATIONS Chocolates, attaching them with double stick tape.
- 3) Attach the star to one end of a pipe cleaner and attach the other end to the tree using double stick tape.
- 4) Thread a ribbon through the hole at the top of the tree and tie the ends of the ribbon into a large loop. Hang the CELEBRATIONS Tree with a door hanger for a big, sweet holiday decoration!

For more of these great decoration ideas go to www.marsbrightideas.com.

There are so many more great decorations that can be done for those bored hours sitting at home, doing nothing. Enjoy and have great fun!

Candy Jewelry

Needed:

- Plastic cellophane (transparent)
- Ribbon
- Snickers, Milky way, 3 Musketeer or Twix Brand Miniatures
- Beads
- Button & Scissors.



What to do:

- 1) Take one Snickers, Milky Way, 3 Musketeers, or Twix brand Miniature and wrap it in cellophane. Tie the top closed with ribbon. Then, take a long separate piece of ribbon, cut it to desired length, and tie your wrapped miniature to it. Continue to add as many cellophane-wrapped miniatures as you like. String beads and buttons and tie bows to your candy bracelets and necklaces for your own creative touch!